Dietary Fat Screener©

Name : _____

Age: _____

Sex: ○ Male   ○ Female

Think about your eating habits over the past year or so. About how often do you eat each of the following foods? Remember breakfast, lunch, dinner, snacks and eating out. Mark one bubble for each food.

Meals and Snacks	(0) 1/ MONTH or less	(1) 2-3 times a MONTH	(2) 1-2 times a WEEK	(3) 3-4 times a WEEK	(4) 5+ times a WEEK	Score
Hamburgers, ground beef, meat burritos, tacos	○	○	○	○	○	_____
Beef or pork, such as steaks, roasts, ribs, or in sandwiches	○	○	○	○	○	_____
Fried chicken	○	○	○	○	○	_____
Hot dogs, or Polish or Italian sausage	○	○	○	○	○	_____
Cold cuts, lunch meats, ham (not low-fat)	○	○	○	○	○	_____
Bacon or breakfast sausage	○	○	○	○	○	_____
Salad dressings (not low-fat)	○	○	○	○	○	_____
Margarine, butter or mayo on bread or potatoes	○	○	○	○	○	_____
Margarine, butter or oil in cooking	○	○	○	○	○	_____
Eggs (not Egg Beaters or just egg whites)	○	○	○	○	○	_____
Pizza	○	○	○	○	○	_____
Cheese, cheese spread (not low-fat)	○	○	○	○	○	_____
Whole milk	○	○	○	○	○	_____
French fries, fried potatoes	○	○	○	○	○	_____
Corn chips, potato chips, popcorn, crackers	○	○	○	○	○	_____
Doughnuts, pastries, cake, cookies (not low-fat)	○	○	○	○	○	_____
Ice cream (not sherbet or non-fat)	○	○	○	○	○	_____

Fat Score = _____

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How well are you doing?

How to score your answers

- Mark one bubble for each food.
- At the top of each column is a number. At the right side of the page, beside each food, write the number that appears at the top of the column you marked (see the example below).

EXAMPLE

Meals and Snacks	(0) 1/ MONTH or less	(1) 2-3 times a MONTH	(2) 1-2 times a WEEK	(3) 3-4 times a WEEK	(4) 5+ times a WEEK	Score
Hamburgers, ground beef, meat burritos, tacos	○	○	⊙	○	○	__2__
Beef or pork, such as steaks, roasts, ribs, or in sandwiches	○	⊙	○	○	○	__1__

Add up these numbers for all of your answers and refer to the scoring key below.

Scoring key:

If your score is:

0-7:   Your fat intake is very low, probably less than 25% of calories. Congratulations!

8-14: Your fat intake is about like most Americans, probably between 30% and 35% of calories. Experts recommend that it be less than 30%. Try eating some of your high-scoring foods less often, and eat more fruits and vegetables.

15-22: Your diet is quite high in fat, probably higher than the U.S. average of 35% of calories. Look at the foods you scored highest on. You don't have to give up your favorites, just eat them less often or in smaller portions. Try lower-fat milk, low-fat salad dressing. And fill up on grains, fruits and vegetables!

23+:   Your diet is very high in fat, probably 40-50% of calories! Look at the foods you scored highest on, and eat them less often. Switch to 2% milk, and low-fat lunch meats and salad dressing. Most of the food you eat should come from bread, rice, cereals, fruits and vegetables.